

## WELLNESS RECOVERY ACTION PLAN: HOW TO

**DATE & TIME:** January 26, 2011  
9:00 AM - 04:00 PM

*All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.*

**PLACE:** San Fernando Mental Health Center  
10605 Balboa Blvd., 2<sup>nd</sup> Floor Conference Room  
Granada Hills, CA, 91344

**PARKING:** Street parking Only

The Wellness Recovery Action Plan (WRAP) modules are designed to equip mental health consumers with relapse prevention tools as they become more actively involved their own emotional and personal recovery. The modules include action planning in the areas of feelings, a wellness toolbox, a daily maintenance list, relapse triggers, a plan for these triggers, and identifying and responding to early warning signs. Participants will also learn to pinpoint "When Things Are Breaking Down" and planning for the above. Also included are: modules on crisis planning, identifying supporters and supporter tasks, identifying health care providers, and recognizing recovery. Upon completion of this training, attendees will be able to provide guidance to consumers and staff on the elements of WRAP development.

**TARGET AUDIENCE:** ASOC and DMH contracted staff only!

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Identify the five key concepts of Recovery
2. Develop a wellness toolbox
3. Discuss the difference between "early warning signs" and "when things are breaking down"
4. Explain the components of a WRAP
5. Identify cultural factors when considering how consumers seek mental health treatment
6. Assist consumers in writing a WRAP

**CONDUCTED BY:** John Lewis, LCSW, Long Beach Mental Health Center

**COORDINATED BY:** Janice Friend, Training Coordinator  
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**DEADLINE:** When maximum capacity is reached

**CONTINUING EDUCATION:** 6 CE's for BBS, BRN, and CAADAC

**COST:** None

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